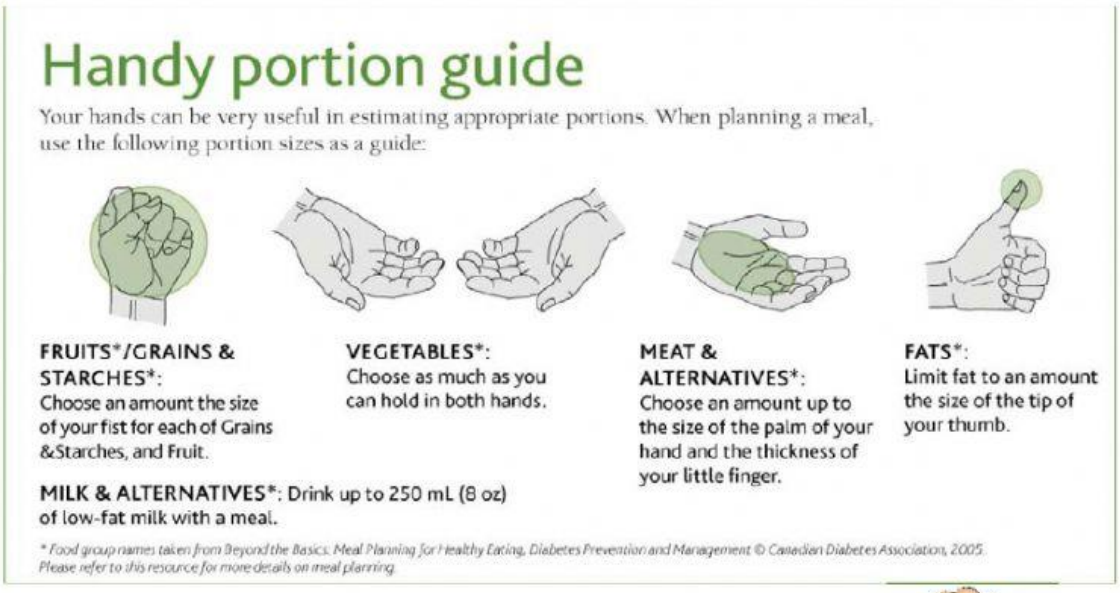
# Canada's Food Guide – Activity 2, Worksheet 2 – CLB 2-3

## Hand Portion Guide

Our hands can help us decide how much food is a good serving.
Read each example below and talk about it with your class.



Handy portion guide

Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide:

**FRUITS*/GRAINS & STARCHES*:** Choose an amount the size of your fist for each of Grains &Starches, and Fruit.

**VEGETABLES*:** Choose as much as you can hold in both hands.

**MEAT & ALTERNATIVES*:** Choose an amount up to the size of the palm of your hand and the thickness of your little finger.

**FATS*:** Limit fat to an amount the size of the tip of your thumb.

**MILK & ALTERNATIVES*:** Drink up to 250 mL (8 oz) of low-fat milk with a meal.

** Food group names taken from Beyond the Basics: Meal Planning for Healthy Eating, Diabetes Prevention and Management © Canadian Diabetes Association, 2005. Please refer to this resource for more details on meal planning.*

Put one word in each sentence.



1. A serving of **fruit** is the size of my _____.
2. A serving of **grain products** is the size of my _____.



3. A serving of **vegetables** is what I can hold in _____ hands.



4. A serving of **meat** is the size of my _____.



5. A good amount of **fat** is the size of the tip of my _____.
6. Based on these amounts, do you think you eat about the serving sizes that are suggested?

7. At your next meal, try this method and report back to the group about the serving sizes you ate.